

Community Resilience Group Weekly Briefing - 65

13 May 2022

Covid Update

The daily COVID-19 data is now available on [Public Health Scotland's COVID-19 Daily Dashboard](#) and is updated on Mondays and Thursdays only. Case numbers continue to reduce, however there is still a risk of transmission.

The number of new positive cases in Highland over a previous 7-day period has reduced from 593 up to 4 May, to 421 up to 9 May. The latest 7-day rate is 178.8 per 100,00 population to 9 May compared to 251.9 per 100,00 population up to 4 May. The 7-day average of positive cases in Highland up to 11 May is 54 cases.

In terms of neighbourhood data, the map below and accompanying table, highlights the positive cases per 100,000 in communities across the Highland area.

7 day positive cases in Highland based on people tested between 3 May 2022 and 9 May 2022

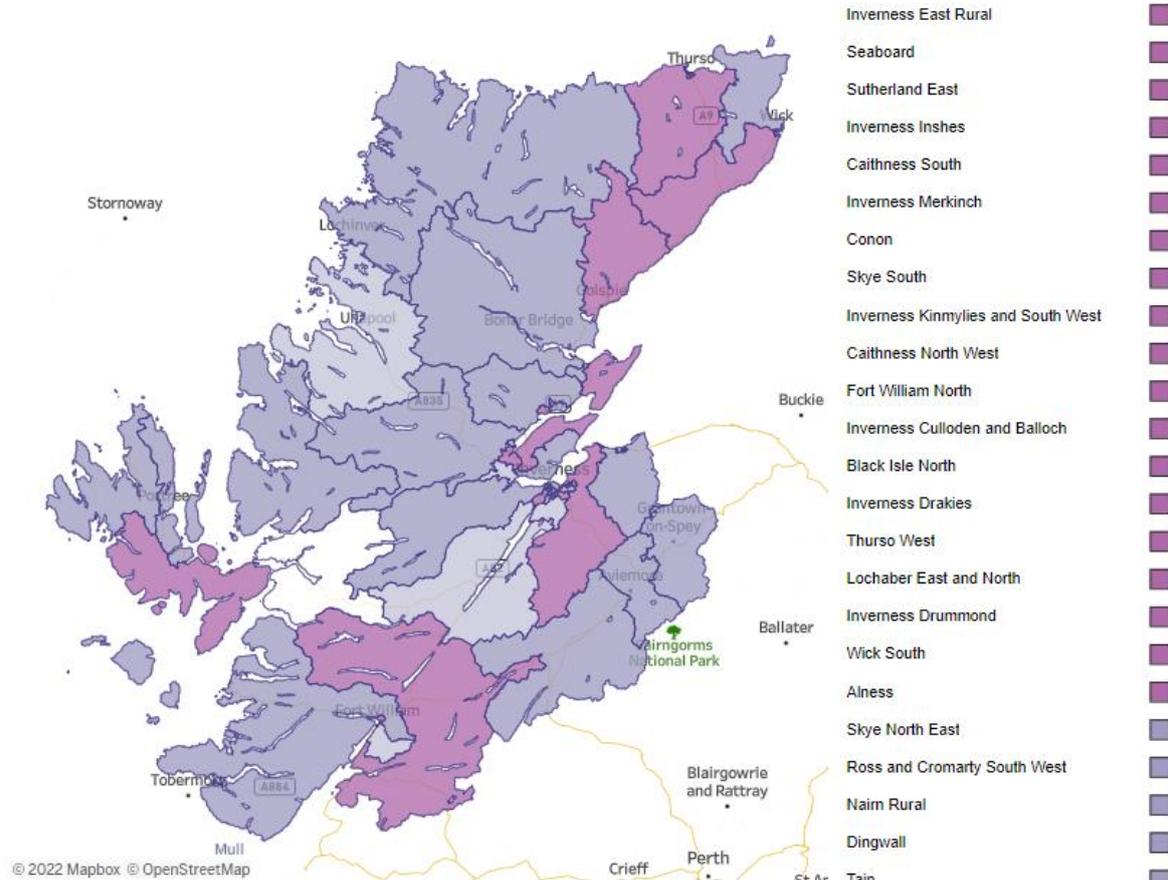
7 day positive cases	7 day positive rate per 100,000 population
421	178.8

7 day positive rate per 100,000 population



* For neighbourhoods with fewer than 3 cases, we do not show a 7 day rate to protect patient confidentiality

Neighbourhoods in Highland



Scottish Government Coronavirus (COVID-19)

There have been no new Scottish Government announcements.

The Coronavirus (Covid-19): Staying at home guidance has been updated on 28th May to explain changes to testing, contact tracing and isolation guidance that will come into effect from 1 May 2022.

Testing in Scotland

Free COVID-19 testing has now ended for most people in Scotland.

If you have symptoms of COVID-19 you should stay at home and avoid contact with others until you feel better.

Testing remains for specific groups in order to protect highest risk setting and support clinical care.

You can [order tests](#) online or by calling 119 if you are:

- visiting a hospital or care home
- an unpaid carer
- [eligible for covid treatments](#)
- applying for the [self-isolation support grant](#)

Detailed information on the changes to testing and isolation can be found at [NHS Inform](#).

<https://www.gov.scot/publications/coronavirus-covid-19-getting-tested/>

All covid rules and restrictions have been lifted in Scotland, but the virus has not gone away.

Use 'Covid sense' to help protect yourself and others:

- [get your vaccine](#) when offered to ensure you are fully protected
- stay at home if you're unwell with symptoms or have a fever
- open windows when socialising indoors
- [wear a face covering](#) in indoor public places and on public transport
- wash your hands to protect yourself
- take an LFD test before visiting someone in a hospital or care home

Care for yourself and others to help slow down the spread of the virus and reduce pressure on our health services.

<https://www.gov.scot/coronavirus-covid-19/>

Covid-19 Testing

Most people no longer need to test regularly when they do not have coronavirus symptoms. Lateral flow device (LFD) tests are now being used in a targeted way, to protect the most vulnerable

Please check NHS Inform for up-to-date guidance on Covid-19 testing arrangements.

<https://www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/coronavirus-covid-19/test-and-protect/coronavirus-covid-19-testing>

Covid-19 Vaccination Update

The latest update from NHS on the vaccine can be accessed at the following link:

www.nhsinform.scot/covid19vaccine.

For details of vaccination clinics in Highland, including drop-in clinics and GP practices supporting the booster roll-out, please check the link below. There are also FAQs on how vaccinations are being delivered in the NHS Highland area.

<https://www.nhshighland.scot.nhs.uk/COVID19/Pages/Vaccination.aspx>

Weather Ready - Met Office are launching a Summer Weather campaign

Are you ready for the weather this Summer? Thinking ahead and preparing for what the weather may bring this summer can make a real difference. There are some simple steps you can take to stay safe and healthy at this time of year – from preparing your home or business to taking care of yourself, your family and neighbours.

These pages provide up-to-date, expert seasonal advice from carefully selected organisations to help you prepare for and respond to the weather, to stay safe and protect yourself, your homes and businesses.

The Met Office is working with Cabinet Office and all our Weather Ready partners to help you prepare for and cope with severe weather.

<https://www.metoffice.gov.uk/weather/warnings-and-advice/weatherready>.

SEPA: Scottish Flood Forecast

SEPA are launching a new daily 3-day flood forecast produced by the Scottish Flood Forecasting Service (SFFS). The SFFS is a partnership between SEPA and the Met Office. The Scottish Flood Forecast is the public version of the daily Flood Guidance Statement (FGS) we issue to Civil Contingencies Category 1 and 2 agencies.

It will be available on SEPA's website www.sepa.org.uk/scottishfloodforecast and will initially be released as a test version to the public until the Autumn 2022. This is so that we can gather feedback and make any improvements before fully launching the service to the public formally later this year (SEPA Press release attached).

CyberScotland Bulletin May 2022

The latest CyberScotland Bulletin is available and provides information about the latest threats, scams, news and updates covering cyber security and cyber resilience topics. We hope you benefit from this resource and we ask that you circulate this information to your networks, adapting where you see fit.

This month's topics include:

- Cyber Tools for UK Schools
- Malicious Apps Risk
- Screen Sharing Scams
- Cyber Aware Scottish Workers Toolkit and more.

View the bulletin here <https://www.cyberscotland.com/may-2022/>.

Bereavement by Suicide event, online, 24 May, 13.00-16.15

Please find attached an information flyer which contains details of a Bereavement by Suicide organised by Public Health Scotland and COSLA.

This event provides an opportunity to hear about examples of national and local work focussed on improving the experiences of those impacted by the death of someone by suicide. You will hear about a range of work covering family/carer support; support in workplaces and building capacity.

Please share this with any of your networks who would be interested in hearing about some of the work taking place across Scotland to support those affected by suicide. You can register online here <https://www.eventbrite.co.uk/e/bereavement-by-suicide-tickets-334344141327>

Food Support for Groups

We know that a number of you continue to provide support to the most vulnerable in your communities and that most of you already have well defined routes for accessing food to provide this support or are supporting individuals to access their shopping or community fridges/food tables.

If you are struggling to access food to continue support to vulnerable people locally, please do contact us through the policy mailbox and we can look at ways that we can support your group going forward.

Contact: policy6@highland.gov.uk

Helpful Links

Welfare Support Team -

www.highland.gov.uk/directory_record/102970/benefit_advice

Self Isolation Support Grant - www.highland.gov.uk/info/20016/coronavirus/940/self-isolation_support_grant

Energy Advice

energyadvisors@hi.homeenergyscotland.org

AbilityNet - IT advice or support AbilityNet
Helpline 0800 048 7642.

HTSI Community Group Helpline
Telephone Number 01349 808022